



Probation Service Definition

ADMINISTRATIVE OFFICE OF PROBATION

SERVICE NAME	Multi-Systemic Therapy <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Mental Health
Setting	Community-based
Facility License	The agency providing Multi-Systemic Therapy (MST) services must be consistent with licensing standards of the Nebraska Department of Health and Human Services (NDHHS), Division of Public Health as a mental health treatment center.
Service Description	<p>MST is a service that targets youth age 12-17 and their families who have antisocial, aggressive or violent behaviors and:</p> <ul style="list-style-type: none">▪ are at risk of out-of-home placement due to delinquency;▪ adjudicated and returning from out-of-home placement;▪ chronic or violent criminal activity;▪ serious emotional disturbances;▪ substance use disorder <p>MST is a community-based, family-driven intensive model of treatment based on evidence-based interventions that target high-risk behavior in youth and increase protective factors. The purpose of MST is to keep youth in the home by delivering an intensive therapy to the family within their home. MST therapist meets with youth, family, caregiver as well as others in the youth's ecology to achieve treatment goals.</p> <p>The following is an overview of the MST services. These are not comprehensive nor should they take the place of the MST model and the fidelity to the MST model. Fidelity to the MST model is essential to the success of the youth and family.</p> <p>MST is built on the principle that a seriously troubled youth's behavioral problems are multidimensional and must be confronted using multiple strategies. The serious behavior problems of a youth typically stem from a combination of influences, family factors, deviant peer groups, problems in school/community, and individual characteristics. This approach best serves youth whose delinquent behavior can be linked to more than one of</p>

	these systems. MST recognizes that each system plays a critical role in a youth's world and each system requires attention when effective change is needed to improve the quality of life for youth and their families
Service Expectations	<ul style="list-style-type: none"> • MST services include an initial and ongoing assessment to identify the focus ((fit) - factors driving the problem behavior) of the MST intervention. Once the fit is identified the therapist will develop interventions focusing on the following areas: individual therapeutic interventions with the youth\their family, peer interventions, case management and stabilization. • Specialized therapeutic and rehabilitative interventions are available to address substance use disorder, sexual abuse, sex offending, and domestic violence. MST involves families and other systems such as the school, probation officers, extended families, and community connections • Each youth referred to the service is assigned to an MST therapist who designs individualized interventions in accordance with the MST treatment principles, thereby addressing specific needs of the youth and his or her specific environment. Developmentally appropriate interventions are appropriate to the youth's age and developmental needs. • After the initial sessions, family members who attend family sessions with the therapist will vary depending on the nature of the particular problem being discussed. For example, youth are not included in sessions addressing intimate marital issues between parents or dealing with poor parental discipline, so as not to undermine parental authority. As part of the process, the counselor works closely with teachers, neighbors, extended family, members of the youth's peer group and parents. • The primary goals of MST are to: <ul style="list-style-type: none"> ▪ Develop in parents or guardians the capacity to manage future difficulties ▪ Reduce youth criminal activity and reduce antisocial behaviors such as drug abuse ▪ Achieve outcomes of decreasing rates of incarceration and other out-of-home placements • Service staff creates strong working relationships with referral sources such as youth justice and the family court. They work closely with deputy youth officers, social welfare workers, teachers, and guidance counselors to obtain the perspectives of multiple systems that have the common goal of improving youth and family treatment goals. • MST components such as availability of the MST staff, flexible scheduling, and delivery of services in the home all provide safety for the family, prevent violence, develop a joint working relationship between therapist and family, provide the family with easier access to needed services, increase the likelihood that the family will stay in treatment, and help the family maintain changes in behaviors. • The therapist and parents/guardians introduce the youth to positive peer recreational leisure activities to reduce criminal risk. • Therapists assist parents/guardians in improving parenting skills and family relations: <ul style="list-style-type: none"> ▪ Involve the youth with friends who do not participate in criminal behavior

	<ul style="list-style-type: none"> ▪ Help him or her get better grades or start to develop a vocation • Help the youth participate in positive activities, such as sports or school clubs <ul style="list-style-type: none"> ▪ Create a support network of extended family, neighbors and friends to help the parents/guardians maintain the changes ▪ Build on strengths ▪ Develop treatment plan together • Families have less contact therapist as they get closer to being discharged from treatment
Service Frequency	MST services lasts up to 5 months. Number of sessions shall be based on the family/youth's needs. Youth/family are seen 10-15 hours per week but hours can occur more often when needed. The hours per week will taper to a prescribed schedule as the youth's functioning improves.
Length of Stay	Up to 5 months
Staffing	<ul style="list-style-type: none"> • An MST therapist consist of a LMHP (Licensed Mental Health Practitioner) or PLMHP (Provisional Licensed Mental Health Practitioner). • MST Therapist = master's degree in social work, counseling, education or other relevant human service profession, with 2 years of experience in children and family services. Licensed in the state of Nebraska and must practice within scope. • Therapists must complete the MST 5 day orientation training and participate in ongoing MST training. • MST therapists must also participate in a weekly consultation with a master's level MST consultant to maintain fidelity to the MST model.
Staff to Client Ratio	1 MST therapist to 4-6 youth/families
Hours of Operation	Services occur during day, evening or weekend when the youth/families can attend sessions. MST services are available 24/7.
Service Desired Outcomes	<p>Per MST fidelity the following outcomes have been met:</p> <ul style="list-style-type: none"> – Youth remains at home – Youth improves school attendance and performance – Peer relations have improved – Decrease in behavior problems – Reduction in criminal recidivism – Decrease in substance use
Unit and Rate	Weekly case rate

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